



19. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Rißler, Heike

Club: Team Klinikum Nürnberg
Number: 319

Course: 10.50 km
10 km (680 m unter der Erdoberfläche)

Category:
Frauen 20 bis 29 Jahre

Total time: 49:40

Speed: 12.08 km/h
Running performance: 4:44 min/km

Rank in course/Total: 72 (of 389)

Rank in course/Women: 8 (of 88)

Best time in course: 45:40

Rank in category: 1(of 14)

Best time in the category: 49:40

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.10	11:39	5:32	3	0:59	22	2:50	2.10	11:39	5:32	3	0:59	22	2:50
Rundenzeit	2.10	9:31	4:31	2	7:53	5	7:53	4.20	21:10	5:02	1	-	16	3:16
Rundenzeit	2.10	9:32	4:32	1	-	4	0:18	6.30	30:42	4:52	1	-	10	3:27
Rundenzeit	2.10	9:30	4:31	1	-	3	0:01	8.40	40:12	4:47	1	-	9	3:23
Finish	2.10	9:28	4:30	1	-	3	0:38	10.50	49:40	4:43	1	-	8	4:00